

# HEALTH RISK ASSESSMENT AND BODY COMPOSITION PROFILE

## A Graphic Look Within Your Body

Our team wants you to know that you are not alone in dealing with the emotional and physical challenges that being overweight brings to your life. We know the many health risks associated with this condition and the good news is those risks, medically treated, can be reduced, stopped or even reversed. Our goal is to get you living your life to the fullest. Our commitment is to help you achieve the success you deserve. Congratulations for taking the step that leads to a better life.

**Assessment prepared by:**

**Date:**

**Assessment prepared for:**

**ID No.**

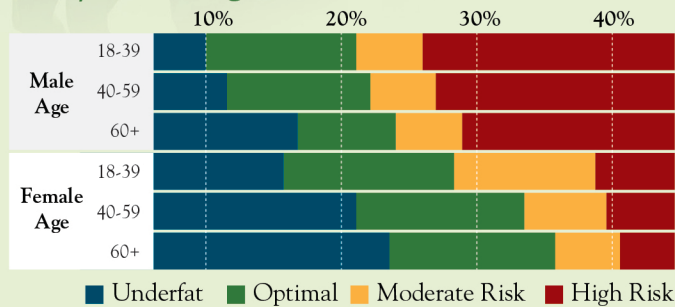
Current Body Weight: 182.7 Lbs.  
82.8 Kg

Body Mass Index 33.2

Gender: F

Height: 5' 2"      Age: 45  
157 cm      Ohms: 641

### Body Fat Ranges



37.2 %  
67.0 Lbs  
30.4 Kg

### Total Body Water

Find Your Body Fat % Category	Recommended Body Water Levels Based on Sex and Body Fat %	
	Female	Male
10-20%	55-62%	60-72%
21-30%	45-54%	53-59%
31-40%	33-44%	42-52%

46.0 %  
82.9 Lbs  
37.6 Ltr

Because muscle cells contain significantly more water than fat cells, an increase in your body water % is a good indicator that you're increasing muscle and losing fat.

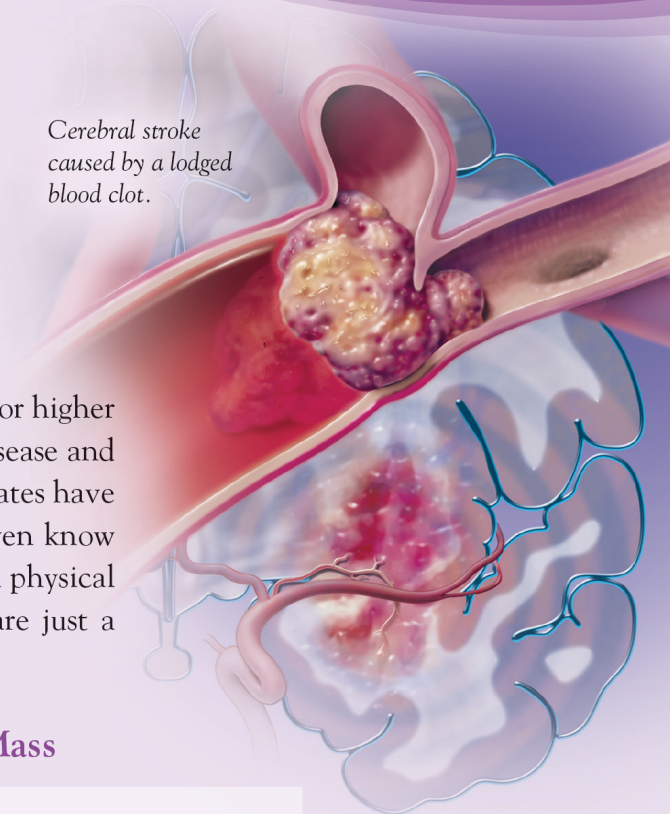


## Stroke

### *Strikes Like A Lightning Bolt*

An ischemic stroke is a sudden loss of blood to the brain, usually the result of a partial or complete blockage of an artery. While high blood pressure and excess weight do increase this risk, proper medical treatment along with weight loss can reduce the risk.

Cerebral stroke caused by a lodged blood clot.



## Blood Pressure

### *The Silent Disease*

An adult with a blood pressure value of 141/90 or higher falls into a significantly higher risk for heart disease and stroke. One third of all adults in the United States have high blood pressure and 30% of them don't even know they have hypertension. Weight loss, increased physical activity, proper nutrition and reduced stress are just a few things that can lower your blood pressure.

### Your Blood Pressure

SYSTOLIC

DIASTOLIC

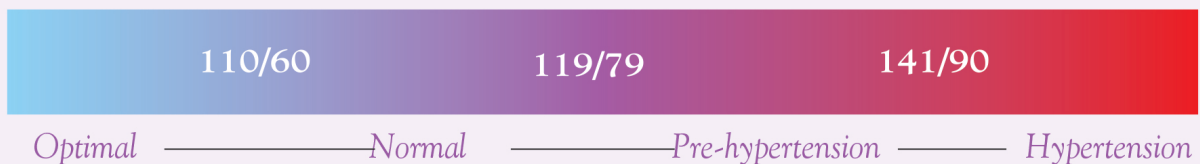
### Fat Free Mass

62.8 %  
113.1 Lbs  
51.3 Kg

Fat Free Mass refers to the portion of the body composed of muscle, bones, organs and fluids. While dieting or trying to lose weight, it is important to maintain as much muscle as possible to keep your metabolism from significantly slowing.

## Are You At Risk?

Compare your values to those below to see if your blood pressure is putting you at a greater risk for heart disease, stroke, or other cardiovascular event. Always consult your physician.



The information included herein is not intended or implied to be a substitute for professional medical advice. Please consult your healthcare provider.



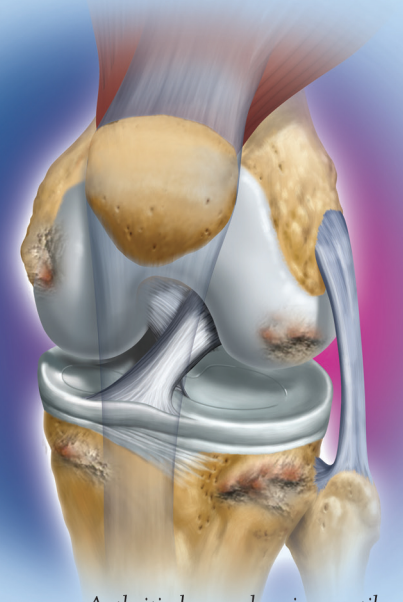
1515 calories/day required to  
maintain vital body functions.

**Resting Energy Expenditure\* (REE)**  
*REE is the caloric burn rate required to maintain  
vital body functions when at rest.*

## Degenerative Arthritis

*Less weight can mean less pain*

Excessive pressure on knee joints can cause more than wear, tear, and pain. Those extra pounds encourage cellular activity that will destroy joint cartilage. However, weight loss can slow cartilage loss by reducing the concentration of cytokines released by the adipose tissue. While arthritic destruction is permanent, the associated pain will generally diminish with less body weight.



*Arthritic knee, showing cartilage loss due to cytokines released by fatty deposits.*

## Sleep Apnea

*Much more than a rough night's sleep*

Sleep apnea refers to many episodes of suspended breathing lasting ten seconds during sleep. During these episodes, blood-oxygen levels can drop dangerously low resulting in irregular heartbeats. Almost 100% of those diagnosed with sleep apnea are markedly overweight. The good news is with a reduction in body weight this sleeping disorder can substantially improve or disappear all together.

## Type II Diabetes

*Prevent it or treat it*

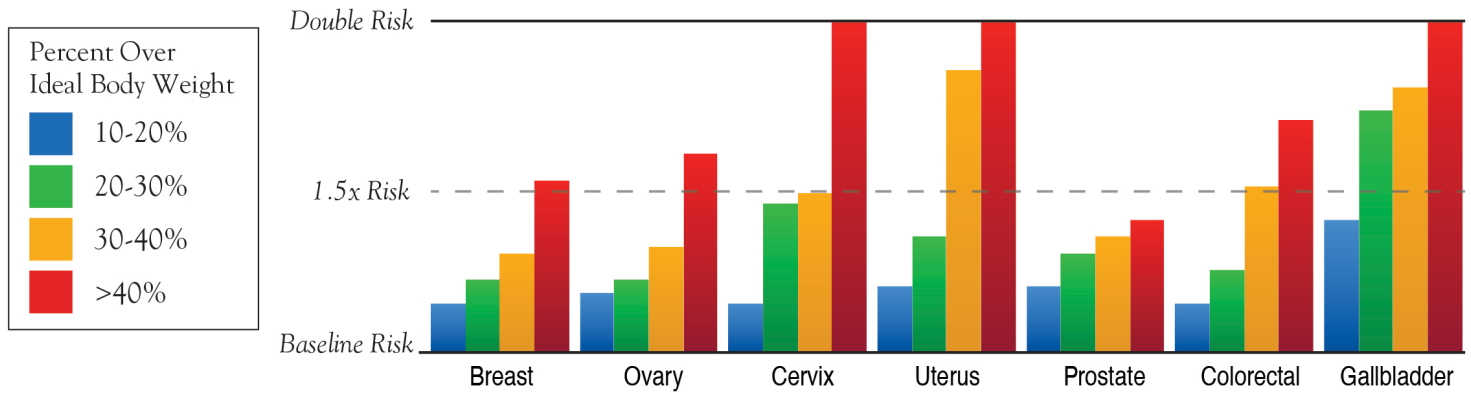
Type II diabetes symptoms can go unnoticed until the disease has progressed to debilitating levels. A few common symptoms of Type II diabetes include chronic fatigue, weight gain, slow-healing sores, or frequent urination. One of the larger risk factors is obesity. The sooner Type II diabetes is diagnosed, the better your treatment options.

## \*Daily Caloric Burn Rates

The greater your caloric expenditure compared to your intake the faster weight loss occurs. Your caloric burn rates listed are determined by adding the REE calories to various levels of physical activity. For your own calculations, remember 3500 calories make one pound of fat!

Very Light	1666	Calories/Day
Light	1818	Calories/Day
Moderate	1969	Calories/Day
Heavy	2272	Calories/Day
Very Heavy	2575	Calories/Day

## Obesity Increases Cancer Risk



You are 44% above your ideal body weight.

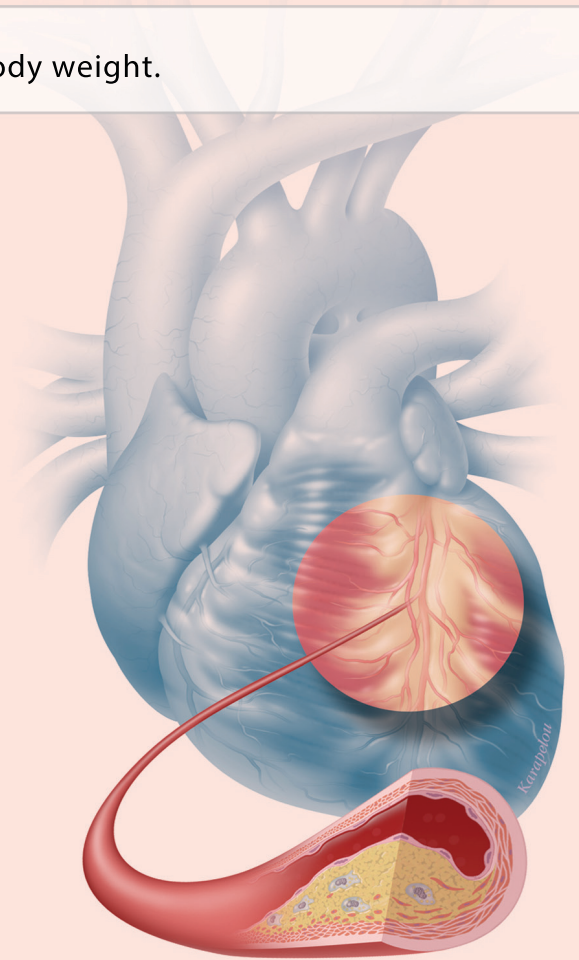
## Coronary Heart Disease

*Testing could save a life*

Coronary heart disease is typically caused by blockage and narrowing of arteries. Inflammation of the blood vessels generated by too much abdominal fat can raise the likelihood of developing this disease. People who are excessively overweight have a dramatically increased risk of developing coronary heart disease. Getting all the appropriate medical tests can save your life.



*We are your team of professionals committed to helping you achieve your best life. Now is the time to make your commitment and join the team.*



Coronary artery with atherosclerotic plaque buildup, diminishing blood flow to the heart.

### Sources:

Overweight & Obesity: Causes and Consequences, Centers for Disease Control, ©2012  
Body Fat Norms, National Institute of Health/World Health Organization Guidelines  
"Body Water Norms," Human Body Composition: Human Kinetics, ©2005 Dale Schoeller  
"Visceral Fat Norms," Simplified Estimation Method for Visceral Adipose Tissue, North American Association for the Study of Obesity

It is recommended to seek a medically qualified health care provider if the information contained herein raises any health concerns. The information provided is neither intended or implied to substitute for professional medical advice.





B O D Y C O M P O S I T I O N R E P O R T

Name: \_\_\_\_\_

Gender: F    Hgt: 5' 2.0"    Age: 45  
                  157 cm    Ohms: 641

Prepared By: \_\_\_\_\_

Current Body Weight	182.7 Lbs 82.8 Kg
Total Body Fat	37.2 % 67.0 Lbs 30.4 Kg
Fat-Free Mass	62.8 % 113.1 Lbs 51.3 Kg
Total Body Water	46.0 % 82.9 Lbs 37.6 Ltr
Muscle-Mass	30.2 Lbs 13.7 Kg
Body Mass Index	33.2

Your target weight range is 141.4 to 152.7 Lbs.

The target weight is determined by adding the recommended percentage of body fat to your current lean body mass. Therefore, your target weight is not necessarily your ideal weight.

%Body Fat	Total Body Water Norms	Body Fat ranges
13-19	64-56%	
20-29	55-46%	Athletic 13-20%
30-39	45-40%	Normal 21-27%
40+	39-32%	Sedentary 28%+

Resting Energy Expenditure: 1515 Calories/Day

Activity Level	Daily Caloric Needs
Very Light	1666 Calories/Day
Light	1818 Calories/Day
Moderate	1969 Calories/Day
Heavy	2272 Calories/Day
Very Heavy	2575 Calories/Day